

CRANBERRY SAUCE

CANNED

for use in the USDA Household
Commodity Food Distribution Programs

Product Description

Canned cranberry sauce is a strained jellied or semi-jellied product prepared from clean, sound, mature cranberries sweetened with high fructose corn syrup/corn sweetener and water.

Pack/Yield

Cranberry sauce is packed in 16 ounce cans. Each can will provide eight ¼-cup servings.

Storage

- Store unopened cans in a cool, dry place off the floor until ready to use.
- For best quality, unopened cans of cranberry sauce should be used within 12 to 18 months.
- Store leftover cranberry sauce in a covered container and refrigerate. Use within 2 to 3 weeks.

Uses and Tips

- Canned cranberry sauce can be used right out of the can and served with poultry or pork.

(See recipes on reverse side)



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- Use canned cranberry sauce in sauce recipes, such as barbecue.
- Use canned cranberry sauce in fruit desserts or salads.

Nutrition Information

- **Cranberry Sauce** is a no-fat, no-cholesterol, low sodium food.
- ¼ cup of cranberry sauce provides ½ serving from the **FRUIT GROUP** of the Food Guide Pyramid.

Nutrition Facts

Serving size ¼ cup (70g) canned cranberry sauce

Amount Per Serving

Calories	110	Fat Cal	0
% Daily Value*			
Total Fat	0g		0%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	35mg		1%
Total Carbohydrate	26g		8%
Dietary Fiber	0g		0%
Sugars	21g		
Protein	0g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	0%

*Percent Daily Values are based on a 2,000 calorie diet.

Glazed Pork Roast

- 1 16-ounce can cranberry sauce
- 1/3 cup orange juice
- 1/2 teaspoon grated orange rind
- 1/2 teaspoon dried sage
- 2 1/2-pound to 3 1/2-pound boneless pork roast
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

Recipe provided by Ocean Spray

1. In a medium saucepan combine the cranberry sauce, orange juice, orange rind, and sage. Bring mixture to a boil over medium heat. Reduce heat and simmer, uncovered for 5 minutes. Set aside 1 cup glaze to serve with cooked pork.
2. Place pork roast in a 13" x 9" roasting pan. Season with salt and pepper. Bake, uncovered, for 1 hour until internal temperature reaches 160°F on a meat thermometer. Baste frequently with remaining glaze during baking. Discard any unused basting glaze.
3. Let roast stand 10 minutes before serving. Serve glaze either warm or room temperature.

Makes 6 to 8 servings

Nutrition Information for each serving of Glazed Pork Roast

Calories	435	Cholesterol	87 mg	Sugar	19 g	Calcium	38 mg
Calories from Fat	148	Sodium	305 mg	Protein	40 g	Iron	1.2 mg
Total Fat	16.5 g	Total Carbohydrate	29 g	Vitamin A	5 RE		
Saturated Fat	5.6 g	Dietary Fiber	1 g	Vitamin C	7 mg		

Apple-Cranberry Crisp

Topping

- 1 1/2 cups oatmeal
- 1/2 cup brown sugar
- 1/3 cup all-purpose flour
- 1/2 teaspoon cinnamon
- 1/4 cup margarine, melted
- 2 tablespoons water

Filling

- 1 16-ounce can cranberry sauce
- 2 tablespoon cornstarch
- 5 cups peeled, thinly-sliced apples (about 5 medium)

Recipe provided by Cala Creek Consumer Alert

Topping

1. Preheat oven to 375°F. Combine oats, brown sugar, flour, and cinnamon. Blend in melted margarine and water. Mix until crumbly.

Filling

2. Combine cranberry sauce and cornstarch in a large saucepan. Mix well. Heat over medium-high heat, stirring occasionally, 2 minutes until sauce bubbles. Add apples, tossing to coat. Spoon into 8" square baking pan. Spread crumbled topping over fruit.
3. Bake at 375° 25-35 minutes until apples are tender. Serve warm.

Makes 9 servings

Nutrition Information for each serving of Apple Cranberry Crisp

Calories	274	Cholesterol	0 mg	Sugar	36 g	Calcium	28 mg
Calories from Fat	49	Sodium	114 mg	Protein	1 g	Iron	2.8 mg
Total Fat	5.4 g	Total Carbohydrate	56 g	Vitamin A	159 RE		
Saturated Fat	1.0 g	Dietary Fiber	2 g	Vitamin C	2 mg		

These recipes, presented to you by USDA, have not been tested or standardized.

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